

# Back To The Place I Bloom, Grow And Thrive – I Dare You To Live

[BY KEREN STANTON](#)

Slipping  
is so easy.

How quickly I turn away  
from ritual  
from that which serves  
which heals  
and get caught up again  
and whither.

Suddenly  
I look around and I've lost my way  
in the rubble  
the whispers  
in the guilt.

Forgetting the steps  
though I've walked them before  
and the pain seeps into my bones.

Searching  
eyes casting around  
hands grasping  
unrest  
dis-ease  
listening to the shit  
stuck in my head  
when my body knows the way already  
when I should trust my footfalls  
and the autonomous movements of my flesh.

Sinking  
back into myself  
where the answers lie  
where the peace is  
to the place I bloom from  
to nourish, to grow, to thrive.

Self isn't selfish.  
Self is vital.  
Self is Life.

I dare you to live.

*For more self-study, [The Urban Howl](#) recommends [Women Who Run with the Wolves](#) .*

*Sip a little more:*

***Go To Her: Anoint Yourself With The Oil Of  
Witches & Remember The Medicine Of Earth***

The moon is a loyal companion.  
It never leaves. It's always there, watching,  
steadfast, knowing us in our light and dark  
moments, changing forever just as we do.  
Every day it's a different version of itself.  
Sometimes weak and wan, sometimes  
strong and full of light. The moon  
understands what it means to be human.  
Uncertain. Alone. Cratered by  
imperfections.

T a h e r e h M a f i

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**#LIVE**

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